



 **Out4MentalHealth**

Social Media Toolkit

Suicide Prevention

Follow Us
@CALGBTQHealth

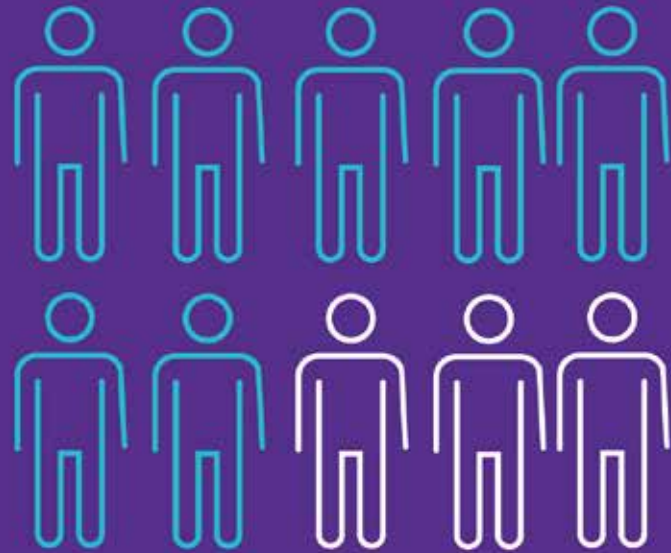


 **Out4MentalHealth**



2019 LGBTQ Community Survey

70% of respondents in CA have considered suicide in their lifetime.



National Suicide Prevention Lifeline: 1-800-273-8255

Download here: <http://bit.ly/2nxWGBC>



Youth Suicide Prevention Help

Trans Lifeline	877-565-8860
Crisis Text Line	Text HOME to 741741
The Trevor Project Text Line	678678
The Trevor Project	1(866) 488-7386
Suicide Prevention Online Chat	suicidepreventionlifeline.org
Suicide Prevention Lifeline	1 (800) 273-8255
Youth Crisis Hotline	1 (800) HIT-HOME
LGBTQIA Youth Talkline	1 (800) 96-YOUTH



Download here: <http://bit.ly/2nBBKd8>



Tweet





- Findings from the 2019 #Out4MentalHealth LGBTQ Community Survey show that 70% of respondents in California have considered suicide in their lifetime. Over half of them considered it in the past year alone. Learn how you can help prevent suicide at: <http://bit.ly/2kXRNB2>
- Anti-LGBTQ discriminatory experiences negatively impact the mental health of LGBTQ youth. The 2019 #Out4MentalHealth LGBTQ Community Survey show that youth ages 12-24 in CA have the highest rates of suicide consideration. Here are some useful resources to help save lives.
- According to the 2019 #Out4MentalHealth LGBTQ Community Survey, 83% of trans and nonbinary respondents have considered suicide in their lifetime. If you or someone you know is struggling please call the @TransLifeline at 877-565-8860.





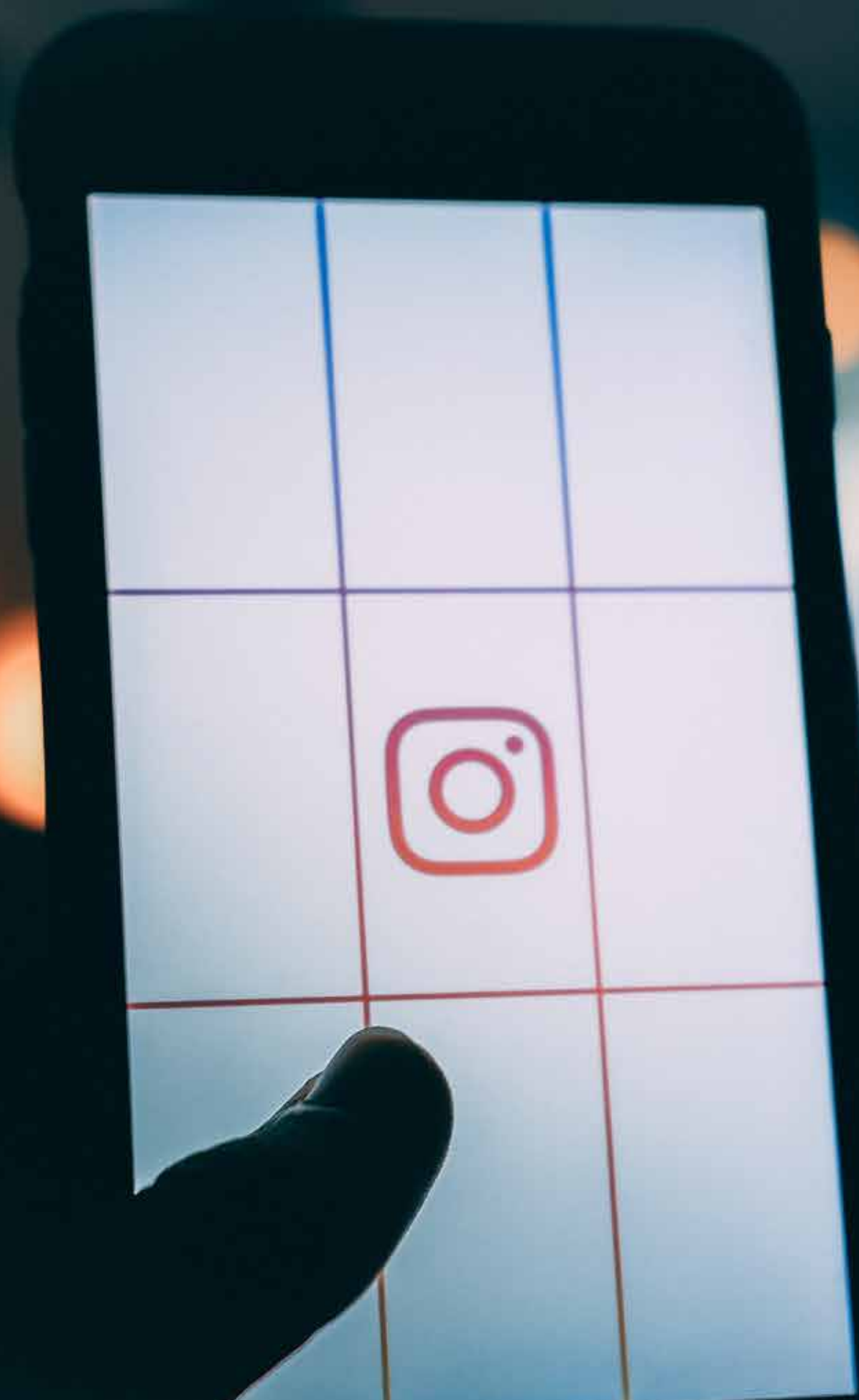
Post on Facebook





- Findings from the 2019 #Out4MentalHealth LGBTQ Community Survey show that 70% of LGBTQ respondents in California have considered suicide in their lifetime. Over half of those had considered it in the past year alone. You can save a life! Learn how you can help prevent suicide at: <http://bit.ly/2kXRNB2>
- Anti-LGBTQ discriminatory experiences, including family rejection and bullying, negatively impact the mental health of LGBTQ youth. The 2019 #Out4MentalHealth LGBTQ Community Survey shows that youth ages 12-24 in California have the highest rates of suicide consideration, planning and attempts. It's ok to reach out for help! Here are some useful resources to help save lives.
- Stigma and policies that prohibit access to equitable resources, such as jobs, housing, and health care, negatively affect the mental health of trans and nonbinary Californians. The 2019 #Out4MentalHealth LGBTQ Community Survey found that 83% of trans and nonbinary respondents have considered suicide in their lifetime, which is highest rate among any population. Help is out there. If you or someone you know is struggling please call the @TransLifeline at 877-565-8860.





Post on Instagram





Youth Suicide Prevention Help

Trans Lifeline	877-565-8860
Crisis Text Line	Text HOME to 741741
The Trevor Project Text Line	678678
The Trevor Project	1(866) 488-7386
Suicide Prevention Online Chat	suicidepreventionlifeline.org
Suicide Prevention Lifeline	1 (800) 273-8255
Youth Crisis Hotline	1 (800) HIT-HOME
LGBTQIA Youth Talkline	1 (800) 96-YOUTH



- Anti-LGBTQ discriminatory experiences, including family rejection and bullying, negatively impact the mental health of LGBTQ youth. The 2019 #Out4MentalHealth LGBTQ Community Survey shows that youth ages 12-17 in California have the highest rates of suicide consideration, planning and attempts. It's ok to reach out for help! Here are some useful resources to help save lives.



A close-up, low-angle shot of a person's hands typing on a laptop keyboard. The scene is dimly lit, with a bright window in the background creating a soft glow. The word "Blog" is overlaid in white text on the hands.

Blog

You are the Expert

Write about what you know. Do you have special training or experience related to **suicide prevention**? Write about that. This is an opportunity to share that with others. What have you learned? What would you share?

Tips:

- It's okay to use split infinitives, contractions, and repeats words – this is a conversation not a research paper.
- It is good to use short sentences, sub-headers, and headlines. It is easier to read on a screen.
- Do use a spell checker and have a colleague proof-read.
- Definitely use hyperlinks to support your argument or offer additional resources.
- Art work, graphics, and color help catch and keep the reader's attention.

Visit our Blog: <http://bit.ly/2lrkZAF>

Submit via e-mail: msalvador@health-access.org





For more information:

California LGBTQ Health & Human Services Network

Health Access California

1127 11th St. Suite 925

Sacramento, CA 95814

Office (916) 497-0923

californialgbtqhealth.org